

ALL NEW PROFILES OF HOPE 2013

By Karen Zarsadiaz-Ige, Public Information Officer II



The Los Angeles County Department of Mental Health's (LACDMH) Public Information Office (PIO) will soon debut its latest *Profiles of Hope*. The Emmy Award-winning *Profiles of Hope* series is made up of 10-minute inspirational stories, featuring high-profile individuals who share how they overcame stigma and various obstacles to eventually lead them to a road of *Hope, Wellness and Recovery*.

This year's series is being produced, along with the *Free Your Mind Projects Radio Show*, as part of an anti-stigma and social inclusion campaign to create awareness, education and discussion about mental health.

The upcoming *Profiles of Hope* will feature:

Singer, Actor & Writer... Rick Springfield is well known for 17 hit songs on the Top 40 charts, including his #1 hit *Jessie's Girl* that won him a Grammy for Best Male Rock Vocal in 1981. Over the years, he has sold 25 million albums worldwide. But Springfield is not only a global rock star but also a popular soap star that portrayed Dr. Noah Drake on the ABC daytime show *General Hospital*.

As busy as he is, he even managed to pen a *New York Times* best-selling autobiography, published in 2010, entitled *Late, Late at Night: A Memoir*. In the book, he revealed his lifelong depression.

Born in Sydney, Australia, Springfield grew up moving around a lot with his family. Eventually, his family settled in England. "That was a brutal time for me," he said. "Depression kind of set in around fifteen for me. Puberty is when it hit."

Unsure of how to help him, Springfield's mother took him to a therapist. "She thought I was a black sheep and going down the hole," he explained. "It was a good attempt by my mom." Still feeling despair, he tried to hang himself but it didn't work. "I was just lost and felt completely worthless. The only thing that made me feel better was music and playing guitar," he said.

Springfield spent many years battling depression. After he moved to the United States, his career took off. Fame and fortune weren't enough to help him through his dark days. By 1985/86, Springfield says it got worse. Even with a new house, a newborn son, money and fame, he still couldn't shake the feeling and decided to take a break. "I felt worse than I ever felt. I felt like I didn't have a mission anymore. I became a house-husband and stopped everything. I saw a therapist for five years."

During those years, he raised his two sons and used the time to heal through therapy and spiritual healing. He even took anti-depressants to help him. "I know now the demons that are chasing me. I know why," he explained. "I have more empathy and understanding because of my depression... The self-awareness of depression is a major plus."

Director & Producer... Paris Barclay is a two-time, Emmy Award-winning director and producer for some of television's most original and acclaimed series. His credits include *NYPD Blue*, *ER*, *The West Wing*, *House*, *Glee* and *Smash*. Recently, Barclay has been an executive producer and the principal director for FX's *Sons of Anarchy*.

During the *Profiles of Hope* interview, Barclay spoke candidly about his childhood in Chicago Heights, Illinois, and how he began to drink alcohol in grade school. He was sent to a private boarding school in Indiana to improve his academics but

found himself surrounded by other students who drank. "Going to prep school indoctrinated me to drinking," Barclay added.

After high school, he went to Harvard where he found himself heavily consuming alcohol to get through every scenario, including the death of his brother in 1976. "Whether I was happy or sad, alcohol improved it (my state of mind) and it became my drug of choice." A career in advertising later took Barclay to New York City where he spiraled into depression after a four-day drug and alcohol binge. Hitting a low point, he realized he needed help and checked into a clinic and started attending meetings. "I'm 23-and-a-half years sober," he stated.

Barclay left advertising and pursued a movie-making career in Los Angeles. He hit a low point after being fired from directing a film. He felt suicidal and was about to drive off Pacific Coast Highway when his favorite song *Bridge over Troubled Waters* came on the radio, stopping him. "The lyrics were perfect. They were speaking to me," he recalled.

Years later, Barclay now looks back on that time and sees how life has completely changed for the better. He is now married to his partner, Christopher, whom he met 14 years ago. Together, they adopted two boys through the Department of Children and Family Services. Busy with family, a successful movie career and heavily involved in politics, Barclay finds happiness and silver linings every day. "I sleep better when everything is going to be positive... I don't want to be the person who drags the world down," he said. "I want to reflect hope and positivity."

Actress, Model & Writer... Mariel Hemingway is a familiar name to many because of her grandfather is legendary author Ernest Hemingway. Mariel Hemingway is known for her own career as an actress who started at the young age of 13 in the movie *Lipstick*. She was nominated for an Academy Award in the Woody Allen film *Manhattan*. She has since been in several films and has made numerous television appearances.

Hemingway is an outspoken advocate for mental health. She even produced her own autobiographic documentary called *Running from Crazy*. Debuted at the 2013 Sundance Film Festival, it shows her journey to find answers to the mental health challenges her family endured in dealing with substance use, mental illness and seven suicides.

During the *Profiles of Hope* taping, Hemingway spoke not only about her own story of hope, wellness and recovery but also shared her on-going passion for balanced health and well-being which led her to publish a memoir, cookbook and how-to guide on finding balance and health. Her most recent work, *Running with Nature*, is a collaborative project with her partner, Bobby Williams.

In the interview, Hemingway told her story of growing up in Idaho with her family who never really spoke about the mental health issues that close relatives faced, including her own grandfather and actress/model sister, Margaux. “I lived with a family, in the end of a generation, that didn’t speak about those things... because there was so much shame.”

Years later, she discovered that being open about it helped her understand her family’s situation more and eventually heal from it. “I was always ‘running from crazy’. I truly felt that I’ve broken the family curse,” she explained. And breaking that curse meant talking about it and acknowledging it. “I get more healing by expressing... Keep talking about it, keep expressing, the more you’ll heal.”

The all-new *Profiles of Hope*, featuring **Rick Springfield, Paris Barclay** and **Mariel Hemingway**, will debut on **Wednesday, May 22nd at 8PM** on the Los Angeles Unified School District’s PBS station, **KLCS-TV** (Channel 58).

The *Profiles of Hope* and the accompanying public service announcements (PSAs) with all the individuals featured will also premiere soon on the LA County Channel, and will be available online for viewing on the LACDMH website, Facebook and YouTube pages.